



6 WEEK WEIGHT LOSS PROGRAM

lose up to
15 pounds
in
6 weeks
for
\$49

(plus the cost of membership*)

if you are currently a member, here's how the program works:

pay \$49 and you get • 5 personal training sessions • fitness assessment • nutritional counseling
• program guide • pedometer... it doesn't get much easier than this.

if you're not already a member,
take advantage of your

special corporate rates.

contact your local 24 hour corporate manager for details.



contact 1-800-224-0240
for more details.

*Actual weight loss may vary based on adherence to the program, body type and other factors. Must be member to participate. Must be first-time personal training purchaser. Limited to one package per member of this price. Sessions are 25 minutes each. Must be paid in full at time of purchase. No credits or refunds allowed. Booklets and pedometers available while supplies last. See club for complete details. ©2006 24 Hour Fitness USA, Inc.

WATCH THE BIGGEST LOSER **WEDNESDAYS**  **NBC**